



Wellness Tips

Coping with Grief

Grief is a powerful emotion that can accompany any type of loss, including the death of a loved one, a divorce or loss of a job. Grief can also accompany a traumatic event. Becoming familiar with the grieving process can help you understand what you're feeling. Following are the most common stages of grief, and strategies for coping.

Shock/Denial

After a loss, you may feel a sense of numbness and disbelief. You may even experience physical reactions, such as feeling faint or nauseous.

To help yourself: Surround yourself with friends and family for support. Being around people who care about you can help ease the pain.

Guilt

You may feel guilty about things you've said or done in the past.

To help yourself: Recognize guilt as a normal phase of grieving, but try to put it behind you. Focus on the positive aspects of the relationship you had.

Anger

You may feel abandoned because someone you loved died and you feel like you're left to resolve his or her problems. You might also be angry with friends and family for not understanding how you feel.

To help yourself: Express negative emotions. This will help you work through your feelings.

Depression

You may feel lonely and sad.

To help yourself: Realize that experiencing a certain amount of depression is healthy. Feeling depressed is one of the first signs that you've begun the healing process.

After a loss, grieving allows you to heal and eventually feel better. If you need assistance dealing with grief, call your Employee Assistance Program (EAP). An EAP counselor is available 24 hours a day to provide confidential assistance at no cost to you.